



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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SWIM INDY! BIKE INDY! RUN INDY!

INDIANAPOLIS – (July 30, 2010) **The 6th Annual Indy Kids Triathlon** is a kids-only event at Sahm Park, 6804 East 91st Street, Saturday, August 7, 2010 that combines swimming, biking and running in an exciting format to promote fun, physical activity and self-confidence. This is not a timed event – every kid is a winner. Be sure to bring proper equipment: swim clothes, swim cap, towel, bicycle, safety gear, helmet and shoes for running. Cost is \$25 per child.

Children ages 5-8 years old will participate in a 25-yard swim, 1.5 mile bike and .5 mile run/walk.
Children ages 11-15 years old will participate in a 50-yard swim, 3.0 mile bike and 1 mile run/walk.
Children ages 9-10 years old have the option to choose the short or long course.

Registration starts at 7 a.m. and the race starts promptly at 9 a.m.

To register call 327-PARK, visit www.indyparks.org or mail registration form and payment to: Indy Parks, 200 East Washington Street, Suite 2301, Indianapolis, IN 46204.

For more information email Cathy Marx, cmarx@indy.gov



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